



THE WATTLE

God of every breath,
We love to see the wattle in bloom,
The harbinger of spring.
Its arrival brightens up our winter gloom.
It can be uncomfortable too
Often indicating that hayfever is in the air.
Nothing reminds us of the gift of breath so
much as when breathing is difficult.
Wearing masks during the pandemic
reminded many of us
Of the beauty of air, the grace of every easy
breath.
Jesus breathed on his friends to receive the
Holy Spirit.
May our every breath draw the
Spirit deeper into our being
And free us from all fear.
Amen.

- Michael McGirr

LEAVING A GIFT IN YOUR WILL

All Saints Parish has been present at most of the
important milestones in your life: your Baptism, your
First Communion, at times of great celebration and at
times of great sadness.
By leaving a gift to your Parish in your Will, you will
leave a legacy of faith – a legacy to help ensure that the
mission and pastoral outreach that has been important
to you will continue both for today's needs and for
those of our children, our grandchildren and beyond.

If you would like to receive a weekly copy of "The
Spire" by email, please send us an email and we can
add you to a list of subscribers

Prayer After Communion:
(For Minsters to the Home-bound)

**God my creator breathe on me
again, renew me, refresh me,
extend my abilities, comfort me
in adjusting to changes in
health, mobility and
activity.**

**Body and Blood of Jesus Christ
flow through every fibre of my
being.**

**Keep me well, and hope filled
always.**

**Holy Spirit use me in my
situation, for the good of
others. Amen.**

Our Finance

Planned Giving for Parish Account

Given last week, inc. EFT: \$ 1,198

Target \$62,400

Total YTD 2018/19 \$ 22,245
Total YTD 2017/18 \$ 24,098

Direct deposit payments for planned giving and donations
can be made electronically. Details are as follows:

Account Name: Portland Catholic Church
BSB: 083 532
Account No. 5159 81661

Presbytery Account

Priest support: inc. EFT \$ 866

Direct deposit payments for the presbytery account can
be made electronically. Details are as follows:

Account Name: All Saints Presbytery Portland
BSB: 083 526
Account No. 24476 6002



**22nd November
2019**

**Christ, King of
the Universe
Time Year A**



Weekday Services 27/11 to 29/11

Friday: 10.00am Mass

Saturday Vigil 06.00pm Mass

Sunday 10.30am Mass

**Please contact by phoning/texting Fr Gregory
0475512530 if you wish to attend a Mass**

Recent Deaths:

David James May

Anniversaries:

Esteban Cresencia, Kevin Willey, David Meehan, Nathan
Johnston, Henry Sumner, Matthew O'Halloran, John
Finnegan, Una Gladman, Bob Stuchbery, Sr Liz
Johnson, Donald Stuchberry, Ian McNamarra, Rev.
Justin Woodward

Prayer Requests:

Margaret Couttie, Noela Clifford, Les Hildebrand, Nicky
Schultz, Claire Jesser, Lea-anne Bourke, Rudy Legray,
Michelle Mutch

**If you have any prayer requests please contact Antonella
at the Parish Office; for privacy reasons only Next of Kin
may ask for names to be added: Thank you**

Remembrance for Holy Souls

During November if you would like to have the
names of deceased family and friends recorded
please email the Parish Office
portland@ballarat.catholic.org.au or text details
to mobile 0417 269 190.

This year due to Covid19 restrictions we will not
have the Remembrance book available to record
names, however we will publish the names each
week on the Spire on a dedicated remembrance
page.

"The Spire"

All Saints' Parish

Portland - Heywood - Dartmoor

All Saints' Parish Office
14 Henty Street, Portland
PO Box 210 Portland 3305

Phone: 5523 1046

email: portland@ballarat.catholic.org.au

www.ballarat.catholic.org.au/parishes

Rev. Gregory A. D. Tait, P.P.

email: greg.tait@ballarat.catholic.org.au

Parish Secretary: Antonella Webbstock

Wednesday & Friday 9.00am till 3.00pm

**All Saints Parish is committed to Child Safety - our Child
Safety Policy and Code of Conduct are on display on the
Parish website and noticeboard in the Tower Entrance of the
Church.**

Psalm 22

The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd;
there is nothing I shall want.

Fresh and green are the pastures
where he gives me repose.

Near restful waters he leads me,
to revive my drooping spirit.
He guides me along the right path;
he is true to his name.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.

The Lord is my shepherd; there is nothing I shall want.

Gospel Acclamation

Alleluia, alleluia, alleluia!

Blessings on him who comes in the name of the Lord!

Blessings on the coming kingdom of our father David!

Alleluia, alleluia, alleluia!

The English translation of the Psalm Responses, the Alleluia and the Gospel verses,
are from the Lectionary for Mass © 1997, 1981, 1968, International Committee on
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Remembrance for Holy Souls

*Deceased members of the Tait & Perry families
Deceased members of the Institute of the Blessed Virgin Mary
Deceased members of the Costa, Tripodi & Webbstock families
George Horovitz, Elizabeth Kearney, John Kearney
Deceased members of the Anderson, Annand, Murphy and O'Brien families
David Meehan
Deceased members of the Swiggs and Rowe families
Ted, Mary & Greg Pound
Esteban Cresancia
Mary, Jack and Michael Loftus*

All Saints Outreach Op-Shop: (In Target Car park) Phone: 5521 1587

The Parish Outreach Op-Shop is in urgent need of good quality clothing; bric a brac or furniture.

Please ring Outreach for pick up if necessary. Thank you all for your ongoing support of Outreach.

Outreach is open Monday to Friday 10 am - 4pm and Saturdays 10am - 12 mid-day.

Outreach is a significant fundraiser within the Parish and we regularly need Volunteers to give 3 hours in the mornings or afternoons.

Please contact Marg Herbertson at Op-Shop for further information.

Columban Calendar

The Columban Calendar 2021 is available to purchase at the All Saints.

Outreach Shop for \$9. Support Missions - It would make an ideal Christmas gift!

Get one before they are sold out!



THE POSITIVE EFFECTS OF KINDNESS

Making others feel good with kindness can be really rewarding by making us feel great about our actions as Christians for doing the right thing. Practicing kindness also has a profound effect on our own mental & physiological health, helping us to become happier and compassionate towards others. Being kind to others has been known to help boost our own immune system, slow down aging, elevate our self-esteem and improve blood pressure.

Both practicing and witnessing acts of kindness can help reduce blood pressure by producing oxytocin, known as the 'love hormone.' Oxytocin causes the release of nitric acid in the blood vessels which effectively expands the blood vessels thus reducing blood pressure. Self-esteem, a better outlook on life (optimism) and a healthy heart are said to be the benefits of kindness. But it doesn't stop there. Kindness has a positive effect on others that spreads.

Kindness is Contagious. Experiencing an act of kindness can improve our mood, it can make our day and increase the likelihood of spreading that kindness to others.

Exercise Kindness. "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help." Dr. Ritchie Davidson, University of Wisconsin.

HERE IS A LIST ON THE POSITIVE EFFECTS OF KINDNESS ON OUR MENTAL HEALTH

- Pain – kindness releases endorphins in the brain. It's a natural painkiller.
- Stress – kind people age slower and have lower stress than the average person.
- Anxiety & Depression – kindness improves mood, depression and anxiety. Kindness stimulates the production of serotonin which heals wounds, calms and increases happiness.
- Blood Pressure – kindness helps release oxytocin, a 'cardio protective' hormone that releases another chemical called 'nitric oxide' in the body that dilates blood vessel, thus reducing blood pressure.
- Pleasure – elevated levels of dopamine in the brain causes pleasure/reward centres to light up. This is known as the 'helpers high.'
- Self-Worth – kindness can make us not just feel good about ourselves, but begin to believe in ourselves, increasing our self-worth. - Article from AIFC

Congratulations to Marcello & Margaret Brecely
on their 60th wedding anniversary.

Marcello and Margaret were married in
All Saints Church 26th November 1960.

*"At the heart of marriage is a love nourished by
God.*

His blessings on your anniversary"

